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Rheumatoid Arthritis Take-Home Hand Exercises

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Rheumatoid Arthritis Take-Home Hand Exercises

Keywords

occupational therapy, hand exercises, rheumatoid arthritis

Disciplines

Occupational Therapy | Rehabilitation and Therapy

Comments

This patient education handout shares hand exercises for rheumatoid arthritis.

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Rheumatoid Arthritis

Take-Home Hand Exercises

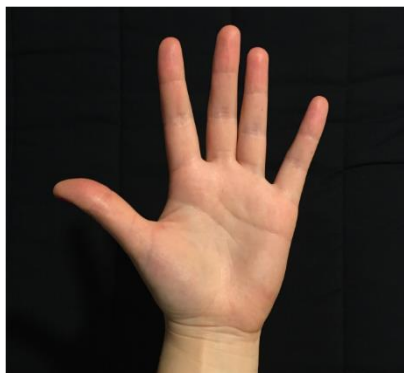


Rheumatoid Arthritis is a disease that affects the joints in your hands. Your finger joints may be warm, swollen, or painful. Movement can help your hands to not feel stiff and can help lessen joint pain.

Stop these exercises if your pain gets worse, and talk with your occupational therapist.

Therapist name _____ Phone number _____

Hand Exercises



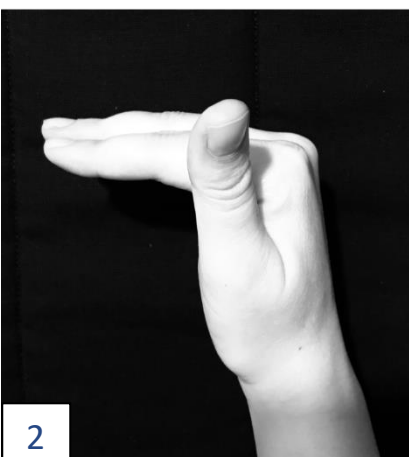
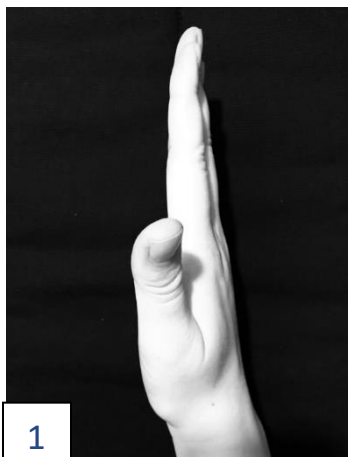
Before starting these movements, it may feel good to warm up your joints. Soak your hands in warm water or take a warm shower.

Do each exercise ____ times each day.

Do each movement **slowly**. Take your time.

For support, rest your arm on a flat surface, like a table.

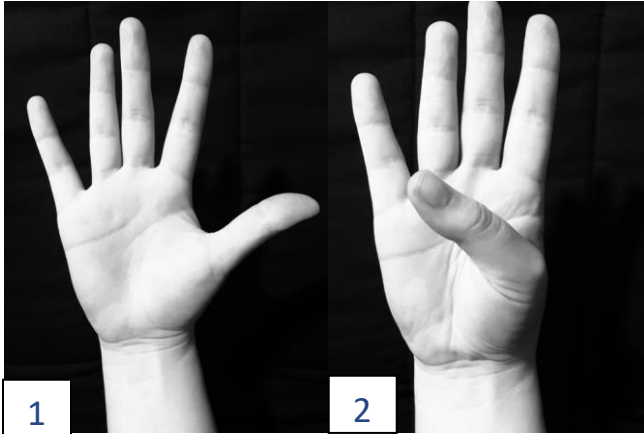
Make a “tabletop”



1. Start with your hand open and fingers straight.
2. Bend your fingers so your hand makes a “tabletop”. Then straighten your fingers.

Do this _____ times

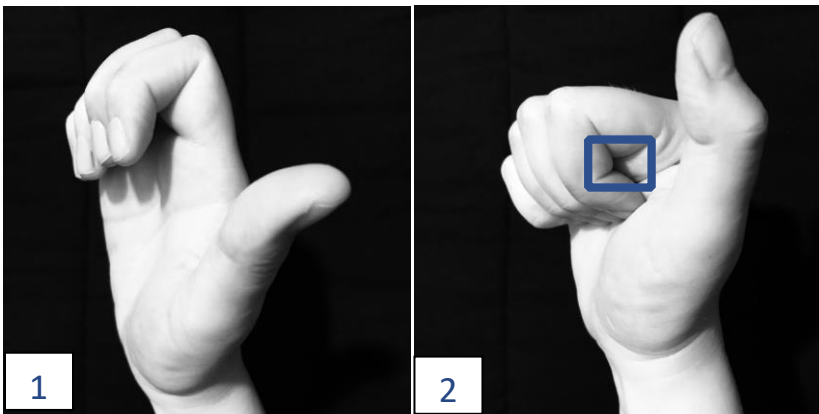
Bend your thumb across your palm



1. Start with hand open and thumb out to the side.
2. Bend your thumb across your palm. Then open your hand.

Do this ____ times.

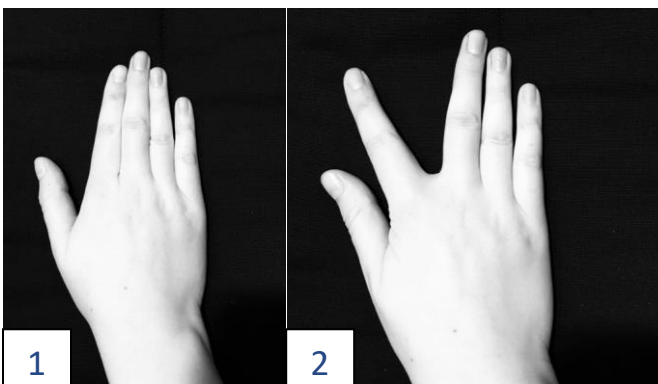
Make a fist



1. Slowly bend your fingers toward your palm.
2. Try to curl your fingers in to make a “box”. Then slowly open your hand.

Do this ____ times.

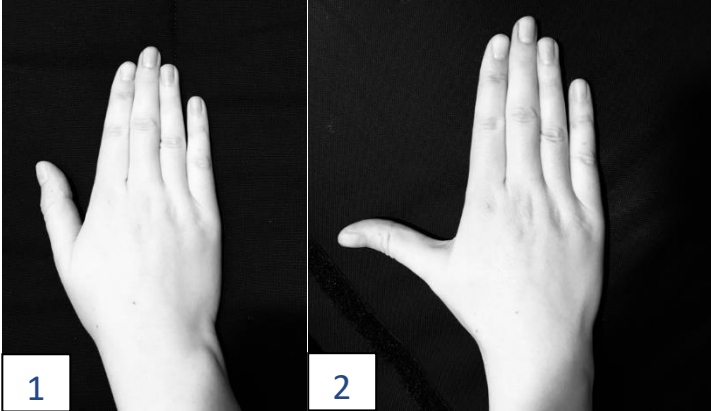
Spread your fingers



1. Place your hand on the table, palm down.
2. Spread your fingers apart, one at a time. Then bring them back together. Do this with each finger.

Do this ____ times.

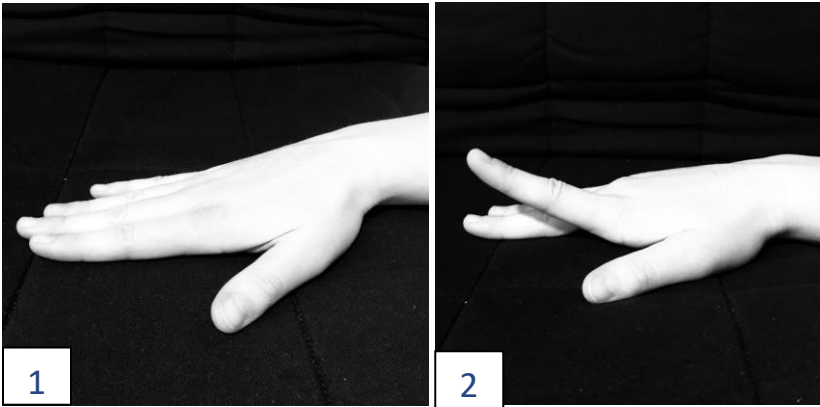
Slide your thumb



1. Place your hand flat on the table.
2. Slide your thumb away from your fingers and then slide it back.

Do this _____ times.

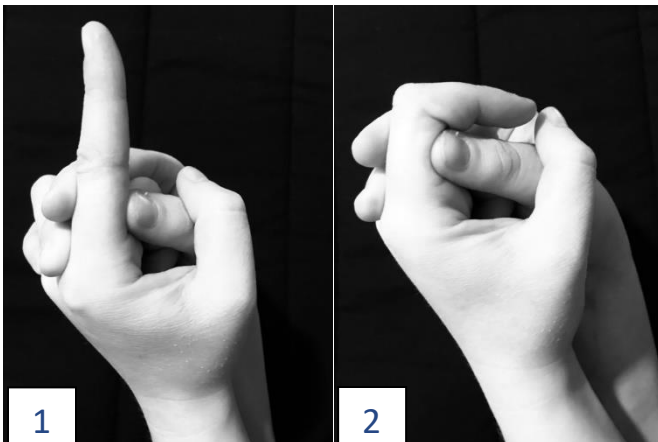
Lift your fingers



1. Place your hand flat on the table, palm down.
2. Lift one finger up off the table and bring it back down. Do not force it. Do this with each finger.

Do this _____ times

Straighten one finger at a time



1. Make a loose fist with one hand. With your other hand, hold one of your fingers.
2. Slowly straighten and bend that finger. Do this with each finger. Switch hands and do this again.

Do this _____ times.